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Ovarian  
cancer  
awareness



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Community  
Centre



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Find  
your beat

# the newham mag

issue 375 // 22 September – 05 October 2017 // Every fortnight



## Kick start

£34m investment in  
new school facilities  
(p11)



Look out for the next issue from **6 October 2017**.

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# News

## SUPPORT NEWHAM'S BID TO BECOME LONDON'S BOROUGH OF CULTURE

**Youth, diversity and community will be at the heart of a bid by Newham Council to become London's Borough of Culture.**

The Borough of Culture initiative has been launched by the Mayor of London with two boroughs to be selected, one for 2019 and one for 2020. Those successful will receive £1.1 million to help deliver bespoke cultural projects.

Residents, businesses and cultural organisations will help compile the Newham bid and be involved in implementing it if it is successful. It will embrace the theme of 'Everyone, All Together' and set out the council's ambition that everyone lives within walking distance of a facility where they can enjoy and share culture be it music, dance, parks, libraries, sport or the wider arts.

Deputy Mayor (statutory) Councillor Ken Clark, Cabinet member for community neighbourhoods, said: "We want Newham to be the destination in East London for those wanting to enjoy world class cultural activities.

"We already have a proud record of celebrating cultural diversity from hosting international events such as the 2012 Games. We also offer hundreds of free events every week in libraries and centres across our community neighbourhood areas. Our bid will be about diversity and all those people, especially our young

people, who do wonderful things. We have talent in this borough and this is a way to showcase it."

The bid has to be submitted by December. It will highlight the cultural vitality of Newham venues such as Theatre Royal Stratford East, Stratford Circus, the London Stadium, and Brick Lane Music Hall in Silvertown. It will also showcase the council's Every Child a Theatre Goer, Every Child a Musician and Every Child a Chess Player initiatives, as well as events such as the Under the Stars music concerts.

Residents are invited to three fun, interactive events where people can

suggest ideas for the bid. They take place on:

- Thursday 28 September, 10am to 12pm, St Mark's Community Centre, Tollgate Road, Beckton
- Thursday 28 September, 6.30 to 8.30pm, Old Town Hall, Broadway, Stratford
- Saturday 30 September, 10am to 12pm, East Ham Customer Service Centre and Library, Barking Road, East Ham.

For further information email [newhamculture@newham.gov.uk](mailto:newhamculture@newham.gov.uk)



Sir Robin Wales Mayor with Every Child a Musician youngsters who will form part of the bid

## Showcase for youth, diversity and community



# News

## Hospital mural completed

A 100m long mural has been completed outside Newham University Hospital.

The mural along Glen Road, Plaistow, is the combination of a major community project involving Newham Council's Plaistow community neighbourhood Team, Barts Health NHS Trust, and independent resident-led community organisation Plaistow South Big Local (PSBL).

The mural is made of 75 eight foot ply boards depicting the area's history, health, education, community and diversity. Artist Madhumita Bose included input from local schoolchildren in the final piece.

A 100m long ribbon was cut at the mural's unveiling. Deputy Mayor (statutory) Councillor Ken Clark said: "This exciting piece of art is a warm welcome for those visiting the hospital, I hope they find it uplifting when they may not be feeling 100 per cent."

"The mural is so long that I'm sure residents will find something new to take away from it every time they walk past."



Councillors took part in the unveiling of the new mural



Mayor Sir Robin Wales presenting Barbara Gyang with her new bike

## Moving on two wheels

The lucky winner of the Keep Newham Moving bicycle competition was thrilled to be presented with her prize by Mayor Sir Robin Wales.

Barbara Gyang, from East Ham, took part in the competition at the Mayor's Newham Show and correctly identified that a total of £100million over ten years is being invested by the Mayor in the borough's roads, pavements and street lighting, and that the micro asphalt being used will prolong the life of road surfaces for eight to 12 years.

Sir Robin said: "The Keep Newham Moving programme makes our borough much easier for residents to travel around, whether by car or bicycle. Where other councils are cutting their budgets for streets and lighting, I'm delighted we can make travel safer for Barbara and other road users."

Barbara said: "I was saving hard for a bike, so it's a dream come true to win this fantastic new one. With the road improvements, I'll enjoy getting around Newham and visiting my family even more." For more information visit [www.newham.gov.uk/moving](http://www.newham.gov.uk/moving)

# New bike is 'dream come true'



## ...in brief

### Parents hit the uniform jackpot



**Mayor Sir Robin Wales and Cllr Quintin Peppiatt give the schoolchildren their new uniforms**

Ten lucky children and their parents celebrated the first day at their new schools, kitted out in brand new uniform courtesy of Newham Council.

The parents landed their kids' new look after winning a prize draw run

to encourage parents to apply for school places online.

All online applications received for 2017 school admissions were automatically entered into the draw, with the winners offered a choice of trousers/skirts, short and long sleeved shirts and polo shirts or a blazer from their selected school.

Mayor Sir Robin Wales said: "It's always a pleasure to see children proudly with their new uniforms. We want to encourage as many parents as possible to use our online service, and the prize draw seems to be just the ticket. Applying online is quick, hassle free and secure – as easy as posting your child's first day pictures on social media."

To apply online simply go to the Newham Council website and follow the school admission links to the e-admissions page.

Parents with children moving from primary to secondary school have until October 31, 2017, to apply online to be eligible for next year's draw.

### Tower block safety commitment

Mayor Sir Robin Wales and Newham Council's Cabinet have agreed a package of measures to progress fire safety improvement works at three tall blocks.

Investigatory work has started on the external cladding at Ferrier Point in Canning Town and Nicholls Point and Tanner Point, both Plaistow. It involves temporarily removing a small number of panels to determine what work will be needed to remove the current system and replace it with one which has passed Government fire safety tests.

The council is communicating with residents in the blocks who will be involved in decisions about future cladding options.

### Violence is condemned

Newham's councillors have agreed a motion calling on the Government to condemn in the strongest terms, the human rights abuse and violence being carried out by military authorities against being Muslim communities and refugees in Myanmar.

The motion, agreed by full Council, also called for regional and international mobilisation to provide the refugees with urgent assistance. It further called on the government of Myanmar to put an end to persecution and discrimination against the Rohingya.

### Stadium parking restrictions

Parking restrictions are in place around the London Stadium in Queen Elizabeth Olympic Park on West Ham United match days.

Controlled parking hours in Stratford Central, Stratford North West, Stratford South West, Stratford South East and West Ham residential parking zones are extended and apply from 8am to 9pm. Only permit holders can park in RPZs at this time. Next event days are: Saturday 23 September (Tottenham), Saturday 30 September (Swansea), and Friday 20 October (Brighton).

### Free dance classes

Free classes for everyone who loves to dance and those convinced that they have two left feet, have started at East Ham Town Hall in Barking Road on Tuesdays from 7pm to 8pm.

The MoveMe sessions are being offered by Newham Council's East Ham community neighbourhood team. No booking is required. Contact East Ham Library on 020 3373 0827 or email [CN.Eastham@newham.gov.uk](mailto:CN.Eastham@newham.gov.uk)

# Apply online for school place

# Mayor's view

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## Celebrating the strength of our community bonds

Following some dark weeks, recently we've found more reasons to be cheerful.

I've attended a number of large celebrations in the borough where we've really seen the community come together and create some special things.

Earlier this month I attended the launch of the Upton Park Urban Oasis in Boleyn Road. This new local garden typifies our Community Builders strategy. Residents have been working with the Green Street Community Neighbourhood team to clear this piece of waste land, secure funding for equipment and create a space where seasonable vegetables and fruits are grown by the community, for the community. There are also picnic tables and water features for residents to sit around. With the help and support of our community neighbourhood team, they have created an oasis of calm in the middle of their road for everyone to enjoy and make new connections with their neighbours.

I was also pleased to attend the opening of the new state-of-the-art Custom House and Canning Town Community Neighbourhood Centre in the Rathbone Market development. This is more than just a £2million investment in a modern building with books and computers. This venue will become the heart of so many events for our residents.

There will be the weekly activities organised by the Custom House and Canning Town community neighbourhood team, including afternoon tea, homework club and story telling. It will also be used as a venue for community groups to hire for their regular martial arts classes, dancing sessions or language lessons, as well as a location for residents' special events, such as birthday or retirement parties.

I was also honoured to be invited to a tea party at one of Tate & Lyle's factories in the borough. As one of the borough's oldest

employers it is great to see that this company is continuing to invest in its factories in Silvertown, by creating a new production line for the bottling of their famous Golden Syrup they have also brought more employment opportunities for our residents.

**"These few weeks have shown me, time and time again, there are more reasons to be positive about our community."**

As well as getting to meet some of our residents and serve them cake, I was proud to be able to celebrate the launch of a new charitable fund. The Lyle's Local Fund is a £25,000 scheme which will be administered with the help of Newham Council to support projects that help enhance the wonderful community we have in the borough.

Local groups including social enterprises, schools, charities, community organisations and not-for-profit organisations will be able to apply for grants of up to £2,500 from next month. Keep an eye on our website for more details.

There are many times when we may question the motives of the people living around us and our faith in humanity shaken, but as these few weeks have shown me, time and time again, there are more reasons to be positive about our community, than negative.





Mayor Sir Robin Wales and Deputy Mayor Ken Clark meeting residents at the Tate & Lyle afternoon tea; with school children at the opening of the Custom House and Canning Town Community Neighbourhood Centre; the launch of the Upton Park Urban Oasis



# BOWLED OVER BY CRICKET



**A prestigious partnership between Newham Council and Essex Cricket is helping to make our borough the cricket capital of East London and is also enabling residents to watch top matches and top players for free. Last month that included the West Indies national team.**

As part of the partnership arrangement, 100 tickets were given to members of the Barking Road Community Centre in Plaistow, youth group Chromatic, and young players from Stratford and West Ham Cricket Club and Newham Cricket Club, to see the touring side play Essex at The Cloudfm County Ground in Chelmsford.

Youngsters from the community

centre and Chromatic performed dances during a break in play and members of the cricket clubs got to play Kwik Cricket with members of the Essex team. Along with Newham councillors Forhad Hussain, Winston Vaughan and Mukesh Patel, they also met 6ft 8ins former West Indian Test fast bowler Joel 'Big Bird' Garner.

Over the course of the summer more

than 300 residents have enjoyed matches at Chelmsford for free as part of the three-year partnership with the county side. Councillor Hussain, Cabinet member for sports and leisure, said: "The partnership is a brilliant opportunity for our residents to witness top class cricket. It is helping to inspire the next generation of players."

Essex also sent a development squad to take part in the Newham Cricket Festival





Main group: The Newham Cricket Festival where the new strategy was launched. Other pictures: youngsters played on the Essex pitch and met Test star Joel Garner

Deputy Mayor (statutory) Councillor Ken Clark said:

“The strategy aims to harness the abundance of local talent and provide opportunities for Newham residents to engage in cricket in all its formats, at all levels and all abilities. We want Newham to be the cricket capital of East London.”

It will see the council and Essex develop new facilities and activities to encourage more people to get involved in the sport as well as free tickets for residents to see matches at Chelmsford.

The club will host coaching sessions in schools and colleges and the council will develop new cricketing hubs, train residents to become coaches and continue with the annual Newham Cricket Festival.

It is hoped the partnership will inspire young people to follow in the footsteps of Essex stars Ravi Bopara, from Forest Gate, and Saba Nasim, who took up cricket at East Ham’s Plashet School. Newham’s under-16s have already lifted the Essex Matchplay Cup this season.

Councillor Hussain said: “Cricket is a game anyone can play and get involved in. It is a fantastic way of bringing people together and playing sport, which can result in healthier lives. The strategy and partnership will help our growing cricket community to flourish. We have huge ambitions for the sport in Newham.”



over the August Bank Holiday weekend at Newham Cricket Club in Flanders Field, East Ham. They played a 45-over challenge match and there was also an under-11s 10-over competition involving boys and girls and an under-15s game. An Essex women’s team also played an East London representative side that included Newham councillors.

The festival also saw the formal launch of the Newham Cricket Strategy, which is a result of the partnership between the council and Essex Cricket.

If you want to find out more about future cricket ticket giveaways visit **[www.newham.gov.uk/cricket](http://www.newham.gov.uk/cricket)**

Visit **[www.activenewham.org.uk/cricket](http://www.activenewham.org.uk/cricket)** for information on how to get involved in playing cricket in Newham.





'ROUGH, READY  
& BL\*\*DY BRILLIANT'

TIME OUT



'THE MUSIC IS BRILLIANT  
AND THERE ARE MOMENTS OF CRUDE PUNK GENIUS'

SUNDAY TIMES

'THE STAGE GIVES  
OFF A MILLION VOLTS'

THE GUARDIAN

# REASONS TO BE CHEERFUL

A RAUCOUS MUSICAL FEATURING THE HITS OF  
IAN DURY AND THE BLOCKHEADS



SCRIPT BY PAUL SIRETT  
MUSIC BY IAN DURY  
AND THE BLOCKHEADS  
DIRECTED BY JENNY SEALEY  
63002445

#REASONS17

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BECAUSE THERE'S ONLY  
**ONE YOU**

Newham London





Children's author Michael Rosen cuts the ribbon at the opening of Park Primary's new sports hall, with Councillor Mas Patel and head teacher Natasha Ttofalli; Trevor Brooking unveils the new multi-use games area at St Edward's Primary; Councillor Mas Patel is shown Park Primary's new classroom and pupils from St Edward's Primary enjoy their new games area



# Schools get a new look

**Many of the borough's pupils have been returning to class this term to find their school has a new building, playground or sports hall.**

The council has been working with the borough's schools to enhance the learning and playing facilities available for our school children.

Over the summer more than £34million was spent by the council on school improvement projects in eight schools, which included the construction of new classrooms, kitchens, nursery settings and multi-use games areas. More works are due to start this autumn with £20million being invested in another seven schools.

Since the beginning of term, children from across the borough have been taking part in official opening ceremonies.

Renowned children's author Michael Rosen cut the ribbon to a sports hall, multi-use games area and rooftop classroom at Park Primary in Stratford, before leading the schoolchildren through a

series of workshops.

While at St Edwards Primary in Upton Park, a new play area with gym equipment and a tennis court was unveiled by former West Ham player Trevor Brooking.

Rev Quintin Peppiatt, cabinet member for children's services, said: "We are committed to ensuring our young people have access to the best learning environments, whether inside the classroom or on the playground, which is why we have continued to invest in new school facilities despite the council facing some of the severest cuts in funding from central government."

New facilities also included a new sports hall and dance studio at Little Ilford School, three new classrooms at Nelson Primary and a new nursery, classrooms and improved dining and kitchen area at Sandringham Primary School.





### The Ovarian Cancer Walk London

- Saturday 14 October, 11am
- Queen Elizabeth Olympic Park, Stratford, E20
- Residents can receive £2.50 off the registration fee by entering the code NEWHAM via

[www.targetovariancancer.org.uk/walk](http://www.targetovariancancer.org.uk/walk)





# EARLY DIAGNOSIS IS A LIFESAVER

**Cathay Boyle was diagnosed with ovarian cancer in August 2014. She is raising awareness of the disease's symptoms ahead of a fundraising walk on Queen Elizabeth Olympic Park next month.**

"After feeling unwell and slightly bloated, I went to my GP where they asked me some general questions," the 52-year-old from Manor Park remembers. "I realised I had lost my appetite in the last month. I was working full-time, I had two children and there was a grandchild on the way – life was great, but busy, and I hadn't noticed."

Bloating and loss of appetite are two of the major symptoms of ovarian cancer, along with abdominal pain and needing to pass urine more. They are easy to confuse with irritable bowel syndrome or any number of other health problems.

Cathay was sent for a blood test and a scan at Newham University Hospital which revealed a growth on one of her ovaries. She was sent to St Bartholomew's Hospital for surgery where they removed a mass the size of a small football and a biopsy confirmed the diagnosis of ovarian cancer.

"After surgery I started chemotherapy," continued Cathay, "which finally ended in February 2015. It was hard going at times but I had my family around me so we got through it together. I also received support from a number of services including Newham's Cancer You Are Not Alone (CYANA) support group. They are a great group of people who all have lived with a diagnosis of cancer – either their own or someone's close to them."

"Through Macmillan Cancer support and one of their local centres I took part in mindfulness, yoga and dance, all of which really helped me get through my treatment. "The yoga at Manor Park Library was not only good for me, but also great fun."

In April 2016 the cancer returned and again she had surgery to remove it.

After attending one of Target Ovarian Cancer's Being Together support days, she met and made friends with other women who were dealing with the disease.

"This was important to me as they understood what my family, friends and I were all going through," she said.

"I got more involved with the charity, helping them campaign for earlier diagnosis and better treatment. More than 4,000 women die each year in the UK, and policy makers need to do more. In December 2016 I met East Ham MP Stephen Timms and asked him to help us improve awareness of the cancer - his support means so much to me."

Next month Cathay will be completing the Ovarian Cancer Walk, with her two daughters and granddaughter. "I'm doing this so more women and GPs become aware of the symptoms, as early diagnosis saves lives," she added. "I would urge everyone to make a note of the symptoms and go see their GP if they're worried."

Councillor Clive Furness, mayoral adviser for adults and health, said: "The early detection of ovarian cancer is an important issue, as it is the fifth most common cause of deaths by cancer among women in the UK."

"But cancer need not be a death sentence, which is why it's incredibly important that residents visit their GP as early as possible if they have experienced any persistent symptoms or are at all concerned."

## Ovarian cancer symptoms

- Persistent bloating
- Feeling full quickly and/or loss of appetite
- Pelvic or abdominal pain
- Needing to urinate more urgently or more often

Occasionally there can be other symptoms: changes in bowel habit, extreme fatigue and unexplained weight loss. Any bleeding after the menopause should always be investigated by a GP. If you regularly experience one or more of these symptoms it is important that you see your GP.



Public Health  
England

**NHS**

# Make sure you get your flu jab

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If you're 65 or over,  
pregnant, a child aged  
2 or 3, or if you have an  
existing health problem,  
flu can be dangerous.

That's why you're eligible  
for a free flu jab.

Don't put it off. Contact your GP or local pharmacy  
to make an appointment straight away.

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**STAYWELL  
THISWINTER**

[nhs.uk/staywell](https://nhs.uk/staywell)



Newham London



# New Electoral Canvassers Required

**Deadline for applications:  
Friday 3 October**

We are looking for electoral canvassers to update Newham's 2017/18 electoral register. Each canvasser will be assigned an area with a set number of properties to visit. They will collect information from residents using a tablet.

Payment is performance-based, and increases with the number of forms completed. Canvassers are also paid to attend training.

Payment will be made in December 2017.

For more information and to apply, contact Electoral Services on **020 3373 2793** or **elections.staff@newham.gov.uk**.

A basic pay rate of 25p per form will be made for the initial visit to each property allocated. Rates will increase based on the following:

• Bronze rate	An additional payment of <b>60p</b> per form returned will be made for accurately completed forms from <b>51%</b> to <b>65%</b> of all properties allocated.
• Silver rate	An additional payment of <b>£1.05</b> per form returned will be made for accurately completed forms from <b>66%</b> to <b>74%</b> of all properties allocated.
• Gold rate	An additional payment of <b>£1.75</b> per form returned will be made for accurately completed forms from <b>75%</b> or more of all properties allocated.
• No additional payment	No additional payment will be made for properties marked No Response, Refusal or Empty.



**Conversation Café**

**Be Clear on Cancer**

Thursday 28 September, 10.30am - 1pm

Custom House and Canning Town Community Neighbourhood Centre

18 Rathbone Market, Barking Road Canning Town, E16 1EH

**FREE**

Conversation café is a friendly space where individuals can meet to share ideas, learn new skills and find solutions to challenges affecting our community.

This month we are talking about the importance of spotting symptoms of cancer early. This includes breast screening awareness as well as bowel and cervical cancer screening advice.

For more information and to book your place, please contact **noreen.mukalazi@newham.gov.uk** or call **020 3373 0332/07874 615 350**

[www.newham.gov.uk/conversationcafe](http://www.newham.gov.uk/conversationcafe)

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  - Education Studies
  - English
  - Sociology
  - Politics
  - Psychology

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- Costume Construction and Design Interpretation
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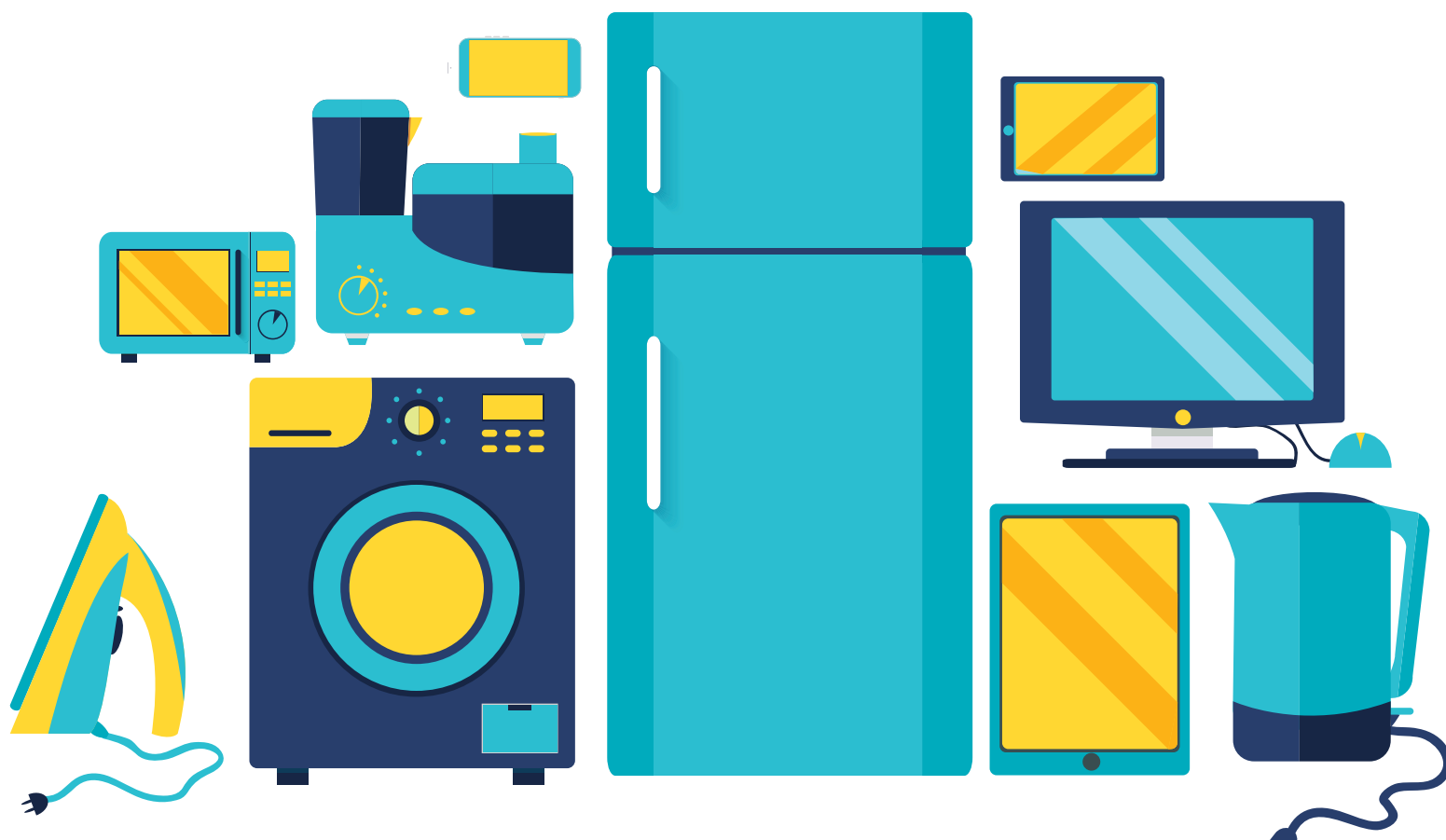
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# GET PLUGGED INTO SAFETY ADVICE

**All of us need to be more safety aware in our homes, especially where electrical appliances are concerned. A faulty fridge freezer was identified as the initial cause of the Grenfell Tower fire. Newham Council is backing the London Fire Brigade's Total Recalls campaign to make white goods safer.**

There have been 63 fires in the borough involving appliances such as tumble dryers and fridge freezers since 2010.

The Brigade wants the Government to act quickly on recommendations it has made that could prevent people losing their lives. These include making it easier to check whether appliances are on a product recall list, changes to the way fridges and freezers are manufactured to reduce their fire risk and greater regulation of second-hand appliances.

Councillor Terence Paul, mayoral adviser for housing, said: "Most white goods work safely without incident, but following the Grenfell Tower fire where a fridge freezer was identified as the initial cause, we all need to be more safety aware.

"The safety of our residents is a priority and that's why we are supporting the Brigade's Total Recalls campaign to make it easier for people to protect themselves from the fire risk faulty white goods can pose."

Spencer Alden-Smith, the London Fire Brigade's



Borough Commander for Newham, said: “Over the past seven years there have been 63 fires in our borough involving white goods such as tumble dryers, washing machines and fridge freezers, so we are delighted Newham Council is supporting our urgent call for the Government, manufacturers and retailers, to make these vital changes that will make people safer.”

A review of the UK product recall system was first announced in 2014 but as yet no changes have been made. A Parliamentary working group published its recommendations in July but a response from the Government is not due until later in the year.

**If you want more information about the Total Recalls campaign, visit [www.london-fire.gov.uk](http://www.london-fire.gov.uk)**

Product	TOTAL
Dishwasher	2
Freezer - Freestanding	4
Fridge - Freestanding	2
Fridge/Freezer	7
Fridge/Freezer - Freestanding	5
Spin dryer	1
Tumble dryer - Condensing	3
Tumble dryer - Standard	14
Washer/Dryer combined	4
Washing machine	21
TOTAL	63

There are steps you can take if you are worried about white goods. These include:

- If your fridge, washing machine dryer or any other appliance starts making a strange noise don't ignore it. Unplug it and contact the manufacturer or a qualified repair technician
- Check whether an electrical product is subject to recall
- Fit a minimum of one smoke alarm per floor and fit enough alarms to cover all areas where a fire could start, making sure they are tested regularly
- Plan how you would get out in the event of a fire in your home
- If a fire does start, don't try to fight the fire. Call the Brigade immediately
- Make sure white goods are not positioned in escape routes so if they do catch fire they don't block your way out





Deputy Mayor  
Ken Clark at the  
open day

# OPENING THE DOORS TO THE COMMUNITY

**A new Community Neighbourhood Centre has opened its doors to residents in Custom House and Canning Town.**



The brand new £2million centre within the Rathbone Market development in Barking Road includes a café, library, children's library and flexible meeting rooms which can be hired by residents and community groups. There is also a kitchen available for people to use when holding parties or events at the centre.

Among the other facilities, there are studying and reading areas, terminals for self check-in and out of books, films and CDs loans, computers, free wi-fi, and public toilets including baby changing

and a registered Changing Places toilet for disabled residents.

Mayor Sir Robin Wales cut the ribbon to open the building. He said: "Community Neighbourhood centres play a key role in helping us to achieve our vision of strong and cohesive communities.

"This new centre will provide local residents, groups and organisations with the perfect facility to come together to find out more about getting involved in their local area.

"I am delighted to see the work to develop a first class facility for residents is bearing fruit and I hope the local community use it to its full potential."

It has taken around a year to transform the empty building on the development site, which has also delivered 650 homes, retail spaces and a permanent home to the historic Rathbone Market.

The modern community neighbourhood centre forms part of the council's drive to help bring local people even closer together in order to build strong and





Mayor Sir Robin Wales,  
school children and  
residents explore the  
new Custom House and  
Canning Town Community  
Neighbourhood Centre



cohesive communities. There are screens displaying details of various events taking place in the local community throughout the building.

Councillor Ken Clark, Deputy Mayor (statutory) and Cabinet member for community neighbourhoods hosted an open day for residents to see the new facilities on offer. He said: "The new Custom House and Canning Town Community Neighbourhood Centre will provide local people with a modern facility to use and enjoy.

"Bringing all of the community neighbourhood activities and initiatives into one purpose built centre will help local people come together, meet new friends and get involved in their local area.

"This is a hugely exciting project and is part of our ambition to ensure our centres are more than just libraries and are at the heart of the community."

The council is investigating possible future uses for the former Canning Town library building.



London Borough of Newham

COMMUNITY  
NEIGHBOURHOODS



London Borough of Newham

COMMUNITY  
NEIGHBOURHOODS

# Newham Heritage Week

**Saturday 21 - Sunday 29 October**

Discover Newham's rich history through a week-long series of exhibitions, talks, walks and activities. There is something for everyone, with activities across the borough.

For more information please visit  
[www.newham.gov.uk/heritageweek](http://www.newham.gov.uk/heritageweek)

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Newham



Find out about a  
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from some of the  
top acts from BBC  
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**introducing...**

HOSTS

AMPLIFY  
'17

EXCEL, LONDON | 6 - 8 OCTOBER 2017

WRITE • RECORD • PERFORM • MASTERCLASSES • ADVICE • EQUIPMENT

# Amplify yourself into a music career

Aspiring pop stars, record producers and song-writers from the borough are being invited to attend a special exhibition run by the BBC.

BBC Music Introducing is hosting their first ever Amplify event next month, at the ExCeL centre in the Royal Docks.

Celebrating ten years of BBC Music Introducing, Amplify sees industry leaders coming together to hold workshops, talks and one-on-ones with those wanting to break into the music business.

#### Some of the event's highlights include:

- **DJ Annie Mac** talking through how she selects new music for her Radio 1 shows.
- Radio 1's **Danny Howard** explores with DJs **Chase and Status** how they've developed from bedroom

jockeys to international festival headliners.

- Some of the biggest booking agents and promoters from Live Nation, **Festival Republic**, and **Primary Talent**, through to **XRay**, **United Talent**, and **Kilimanjaro Live** talking to you about gigs, touring and graduating to major festivals.
- **Jamie Cullum** shares his expertise on the art of songwriting and how he created some of his biggest hits.

There's also a chance to get your demo reviewed by Introducing's **Steve Lamacq** and **Huw Stephens** in the

#### Live Demo Bag.

The event's organisers have teamed up with Newham Council to provide residents with a discount on ticket prices, reduced from £26 to £15.

For more details of the full programme and line-up visit [introducingamplify.com](http://introducingamplify.com)

ExCeL, London

6-8 October 2017

Tickets for Newham residents  
just £15

Enter promo code **NEWHAM15**  
at [introducingamplify.com](http://introducingamplify.com)





Newham in pictures





**1** Flying high! 27 hot air balloons leave London City Airport, Silvertown, in the 2017 RICOH Lord Mayor's Hot Air Balloon Regatta. **2** Flower power! Balloon flowers at the Local Space coffee morning in Stratford. **3** Something about a soldier! Bugle practise at the G Company 7 Rifles open day in West Ham. **4** Syrupy sweet! Afternoon tea at Tate & Lyle, Silvertown, where a new syrup production line was launched. **5** Blue skies! Sailors at the Great Nowka Dour boat race regatta in the Royal Docks, Custom House. **6** Lick of paint! Members of Urban Wilderness, East London Business Alliance, insurance firm Markel and Newham councillors, refresh the fountain at Plaistow Park. **7** Hands on! Learning how to change a toilet seat at a Tenant Repair Day in Stratford. **8** No resistance! Trying out sliding at the Young Mayor's Festival in Stratford.



# RECYCLING BECAUSE IT'S WORTH IT

Many of the items around your home have already been created from recycled materials. The fleece hanging in your wardrobe may be made from recycled plastic bottles and the slide in your back garden could contain former cleaning bottles. During Recycle Week from 25 September to 1 October, we are highlighting the benefits of recycling.

In Newham we collect paper, card, plastic bottles, tins and cans for recycling every fortnight.

Recycling means that these items can be used again, reducing the need for more natural resources and energy to be used in the production of new paper, tins or clothing. In turn this leads to less air pollution and waste being sent for disposal.

Councillor Pat Murphy, mayoral adviser for environment, said: "This Recycle Week we are remembering how items around our homes can be used over and over again if we simply pop them in our orange bins when we've finished using them.

"It's amazing how plastic bottles can become new clothes and a drink can can be recycled and back in your hands just eight weeks later.

"It's vital that we all do our bit for the environment by recycling everything we can and making sure that we give them a rinse before we put them in our bins, so no-one's efforts are wasted."

## Paper and card

Paper, leaflets, take away menus, cardboard or magazines that you put in your recycling bin may come back as more cardboard, egg boxes or even the newspaper you pick up on your journey on the Tube.

## Plastic bottles

Plastic bottles are very easy to recycle. Making plastic items out of recycled plastic bottles saves 60% of the energy used when making plastic out of raw materials.

## Food tins and drink cans

Steel tins which are used for soups, beans, pulses, pet foods and tomatoes are widely recycled. Drinks cans are able to be recycled into new cans and be back on shop shelves in just eight weeks. If we recycled all the steel we use in a year, it would save enough energy to make nearly 135,000 return train journeys between London and Edinburgh.

## Glass

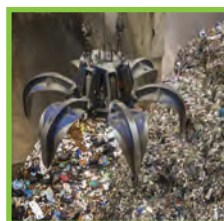
Glass is recovered from your rubbish collection and reused in road tarmac.



# What happens to your recycling after we collect it?



**1.** After we collect your recycling it is taken to a Recycling Centre.



**2.** At the recycling centre it goes through a machine sorting process.



**3.** The final part of the sorting process is by hand, where non-recyclable items, like incorrect plastics, are removed.



**4.** Sorted materials are then put into bales and sent away to be turned into new items.

## How your items are recycled



Your recycled plastic bottles can come back as fleeces and shirts.



Your recycled metal can come back as furniture.



Your recycled paper and cardboard can come back as toilet paper and egg cartons.



For further information about recycling in Newham please visit [www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)



# WHAT GOES AROUND COMES AROUND



For more information about recycling go to:  
[www.newham.gov.uk/recycle](http://www.newham.gov.uk/recycle)

 **recycle for London**

 **Newham London**

Mayor Sir Robin Wales  
and Councillor Pat Murphy  
checking out the new  
bins with staff from Public  
Realm Services



# Smart RUBBISH

Newham Council is investing in improving our neighbourhoods. You told us that you wanted to live in a clean and pleasant borough. New high tech rubbish bins are now popping up as part of a smart bin trial.

Public Realm Services, one of the council's external businesses, is trialling 26 BigBelly bins in Canning Town, Plaistow, Custom House, Beckton and Royal Docks, where they provide street cleansing, drains clearance and estates management services.

The bins have solar panels which power internal compactors that squeeze down the rubbish, allowing the bins to hold around five times the amount found in a normal litter bin.

They also have sensors inside to monitor when they are filling up. As each bin reaches its capacity, it triggers an email alert to the PRS office at the council's depot in Folkestone Road, East Ham, so that staff can be sent to empty it. It allows the company to more efficiently allocate their staff to carry out other

duties like graffiti clearing and chewing gum removal.

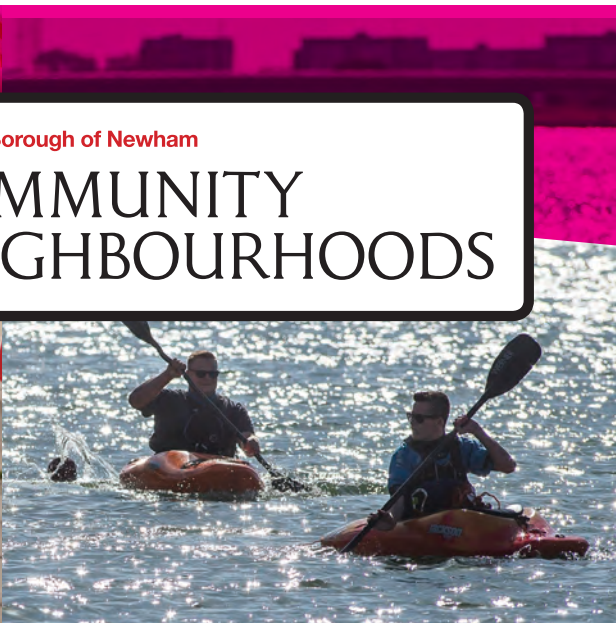
Mayor Sir Robin Wales and Councillor Pat Murphy, mayoral adviser for environment, saw one of the bins in action. The Mayor said: "We have put resources into keeping Newham clean, targeting fly-tipping, and maintaining weekly rubbish collections."

Councillor Murphy, said: "This trial is exciting, because we are using renewable energy sources to be more green. Crushing down the rubbish, and making more space means we can empty the bins more efficiently and use our resources, both staff and vehicles, to make the borough cleaner and brighter elsewhere. I'm looking forward to seeing the results."



London Borough of Newham

# COMMUNITY NEIGHBOURHOODS



# What's on in Newham

Get active, get healthy and learn new skills, join in seasonal events or keep the kids entertained.

With hundreds of events across Newham every week there is lots for everyone to do, and almost all activities are free.

**Download the FREE app from**

Apple App Store

Android Google Play Store



# Join in Stoptober

**Smokers across the borough are being urged to stub out the habit next month as part of Stoptober – the national 28 day campaign to help people quit smoking.**

Now in its sixth year, the Public Health England initiative aims to encourage smokers to kick the habit. Research has shown that if people stop smoking for 28 days they are five times more likely to successfully quit for good.

Since the campaign started, almost one million people have signed up to take part, and thousands more are expected to join in this year's initiative running from Sunday 1 to Saturday 28 October. Smokers signing up to Stoptober receive a variety of free support including emails, texts and use of a smartphone app to help them quit for 28 days, and beyond.

In Newham, any resident aged 12 and over can receive one-to-one stop smoking support from a selection of community pharmacies. This can include

an individually tailored treatment plan working towards a set quit date, access to NHS approved medications including nicotine replacement therapies like patches, gum and lozenges, and follow-ups for at least the first four weeks after stopping.

**“Support to stop smoking is available through most pharmacies.”**

Councillor Clive Furness, mayoral adviser for adults and health, said: “Stoptober is an excellent way of encouraging people to take that first step towards giving up for good. Stop smoking services have helped thousands

of people to kick the habit and we are committed to helping as many people as possible quit.

“We want to help our residents lead longer and healthier lives and by giving up smoking can also save thousands of pounds a year as well.”

Support to stop smoking is available through most pharmacies. For more information on the range of services provided by Newham Council, visit **[www.newham.gov.uk/stopsmoking](http://www.newham.gov.uk/stopsmoking)**

Residents can sign up for email or text support at **[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)** download the Smokefree app, or call the Stop Smoking London helpline on 0300 123 1044, Monday to Friday, 9am-8pm and Saturday to Sunday, 11am-4pm, to speak to an expert adviser.



## Music to our ears



The Canal Choir performing

Residents spent weeks rehearsing for a water themed singing performance at the East London Waterways Festival.

Newham Music brought together families and individual singers to form the Canal Choir, which sang music with aquatic links at the festival.

Shelley Eugene decided to participate after bringing her two daughters Nya and Neveah, to the first week of rehearsals and seeing the rare chance to join in with them. She said: "It's an opportunity for me to sing with my two girls, something that we often don't do together as a family, so it's actually really nice that we've been able to do this."

The event, which took place in Queen Elizabeth Olympic Park, was also a celebration of the opening of the new Carpenters Road Lock and was arranged by the Canal & River Trust in partnership with the London Legacy Development Corporation, St Pancras Cruising Club and the Inland Waterways Association.

## Forest Lane Park fun

More than 1,000 residents attended a fun day at Forest Lane Park, Forest Gate over the summer.

The London Fire Brigade, activeNewham, the West Ham Foundation and Essex Cricket put on activity sessions at the event alongside stalls offering health MOTs, chess games, food and a dedicated under-fives area.

Councillor Mas Patel, community lead councillor for Forest Gate, said: "This was a great event which showed the brilliant facilities in this often forgotten park.

"The council's community neighbourhood team is doing a great job at highlighting this wonderful facility and is looking to put on even more events at the park over the next year."

As well as rolling fields of grass the park has a community centre run by the Forest Gate community neighbourhood team, as well as a children's playground, sports field, outdoor gym, lake and nature trail, including wooden carvings for



Thousands of residents attended the day



Getting hands on with the military vehicles

## Getting to know the forces

Families and residents got to have a look at life behind the gates of the Reserve Army Centre during a family fun day.

Members of the armed, emergency and volunteer services showcased the activities that they do at the centre in West Ham. Members of the community were able to get hands on with military and emergency vehicles, look at weapons, listen to bugle playing and learn first aid techniques at the centre as well as have a go on the bouncy castle and rodeo bull.

A G Company, 7 Rifles spokesperson said: "Our family fun day was an opportunity for different services to come together, building resilient communities, while informing residents of the support provided by the British Army around the world and the role uniformed services play in the local community. G company, 7 Rifles, continues to grow as one of the most diverse Companies in the British Army which is a testament to the level of tolerance and integration within Newham."

## HOT FUN AT FESTIVAL

Need some inspiration in the kitchen? Don't know your scotch bonnet from your poblano? Well head down to Abbey Gardens in West Ham and check out the Chilli Festival on Saturday 7 October. Members of the community garden are inviting residents to come along and sample chilli dishes from all corners of the community. Youngsters can make a chilli hat, or try some chilli pattern face painting, or come dressed as a scarecrow for a dress up competition.

There will also be tea and cakes, with some extra chilli flavours.

Garden club leader Alison Skeat said: "We are welcoming everyone to our hot themed festival to find out about the amazing community garden they have on their doorstep. We are offering a chance to sample some of our wares and hope to introduce more people to our free gardening sessions which take place throughout the year."

The festival takes place at the garden in Bakers Row from 12pm.



Alison Skeat with the Abbey Gardens' chillis

## Uplifting birthday celebration



The balloons over at London City Airport

Twenty-seven hot air balloons lifted off from London City Airport as part of the 2017 RICOH Lord Mayor's Hot Air Balloon Regatta.

It was the first time the regatta launched from the airport and formed part of the 30th birthday celebrations for the airport which opened in 1987.

The balloons filled the London skyline for more than an hour traveling over Newham, Dagenham, and moving on to Essex.

Lord Mayor Andrew Parmley said: "The Lord Mayor's Balloon Regatta is a unique event – bringing together hot air balloons, from across the world, to fly over London.

"This glorious sight raised spirits along with support for my Lord Mayor's Appeal – benefitting three charities which do a huge amount to support education and music in our communities.

"The money raised will help these charities to continue building aspiration, confidence and talent, and I hope many more people will be inspired to support their terrific work through my appeal."



# Kids' Corner



PLEASE SEND OR EMAIL YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, WEST WING**  
**4TH FLOOR, NEWHAM DOCKSIDE**  
**1000 DOCKSIDE ROAD, LONDON E16 2QU**  
or [newhammag@newham.gov.uk](mailto:newhammag@newham.gov.uk)

Don't forget to add your full name, age, address and contact  
number with your entry. We cannot return any entries.

## GALLERY



Amber Malik, 10



Sadman Sadid, 8



Trisha Okpattah, 11



Sourjyesh Das, 8



## Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or [newhammag@newham.gov.uk](mailto:newhammag@newham.gov.uk). Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk) to see what's on.



## Colour-me-in Crossword

### Jokes

**Knock, knock.**

Who's there?

**Pizza.**

Pizza who?

**Pizza really great guy!**

**Q:** What do elves learn in school?

**A:** The elf-abet.

**Knock, knock.**

Who's there?

**Cows go.**

Cows go who?

**No, silly. Cows go "moo!"**

**Q:** Why did the girl smear peanut butter on the road?

**A:** To go with the traffic jam!

**Knock, knock.**

Who's there?

**Figs.**

Figs who?

**Fix your doorbell, it's broken!**

**Q:** How do you make a tissue dance?

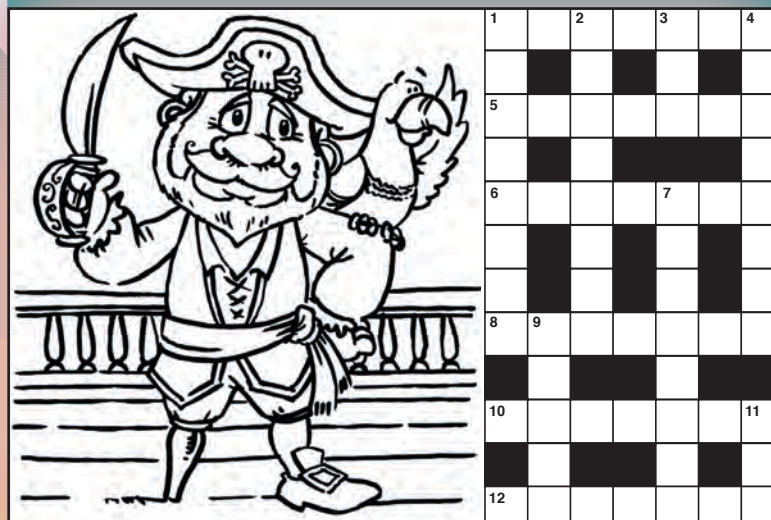
**A:** You put a little boogie in it.

#### Across

1. They attack and rob ships at sea (7)
5. Person who installs and repairs water pipes (7)
6. Robot with a human appearance (7)
8. Young goose (7)
10. A thousand thousand (7)
12. Young children (7)

#### Down

1. TV character who enjoys jumping in muddy puddles and has a younger brother called George (5,3)
2. School game similar to baseball (8)
3. Wooden container for holding water (3)
4. Walking with long, decisive steps (8)
7. Person who makes eyeglasses and contact lenses (8)
9. Edible bulb used in cooking (5)
11. National Health Service (abbreviation) (3)





# WHAT'S ON?

Download our What's On app at [www.newham.gov.uk/neighbourhoodevents](http://www.newham.gov.uk/neighbourhoodevents)

## OUR THRILLING THREE

1

**Singing community** - Find your voice with singing sessions for all the community. Forest Voices are hosting sessions at The Gate, on Wednesday 6-7.30pm, every fortnight from 11 October. Stratford Library Singers meet on Friday 6-7.30pm fortnightly from 20 October at the library.

2

**Older People's Day** - Free event on Thursday 5 October from 11am-3pm. An information exchange featuring providers of older people's services at 55 Ruscoe Road, E16 1JA.

3

**Martial arts** - Sessions for children and adults at Beckton Globe Library. Get a confidence boost and learn self-defence. Children ages 7-12, Tuesday, 6.45-7.45pm and Thursday 4.45-5.45pm. £2 a session. Adults £3 a session Thursdays 6-7pm.

## DEMENTIA CINEMA

Special screenings for patients with dementia. The lights are left on low, there are no adverts or trailers and audience members are allowed to move around if they wish too. Free tea, coffee and biscuits are served for half an hour before the film to give people the chance to familiarise themselves with the space and meet and socialise with others. Tickets are reduced to £4 per person, free for accompanying carers. Advance booking required for wheelchair users. Last Monday of every month, 12.30pm, Stratford Picture House.



## TRY SOMETHING NEW ADOPT AN ALLEYWAY

Celebrate the transformation of eight alleyways in the final weekend of the Adopt an Alleyway project from Friday 29 September.

**Fri 29 Sept, 7.30-9pm Light up the Gate**, Woodgrange Road, Forest Gate, E7 0QH.

**Sat 30 Sept, 12-2pm Barber's Alley Open Day**, Barber's Alley, Plaistow, E13 9DS. **1- 4pm Art & Games**, Nelson Street, East Ham, E6 2RL. **2-4pm Beaconsfield Walk Festival** Beaconsfield Walk, Beckton, E6 5NG. **3-5pm Heritage Tours** Croombs Road, Custom House, E16 3RS. **7.30-9pm Outdoor Cinema** Greenhill Estate, Manor Park, E12 6QN.

**Sun 1 Oct, 1-2pm Afternoon Concert**, Vicarage Road, Stratford, E15 4HD. **4-6pm Community Arts Celebration** Dorset Road, Green Street, E7 8PU. For more information visit: <http://NewhamAlleyways.co.uk>



### Indicates free sessions

*Libraries unless stated.*

#### UNDER-FIVES

#### Storytelling

Mon, 10.30-11.15am, Custom House; **Tues, 10.30-11.30am**, East Ham; **Tues, 10.45-11.30am**, **Tues, 1.15-2pm**, Canning Town; **Tues, 10.30-11.30am**; **Tues, 11am-12pm**, Fri, 11am-12pm, Stratford; **Fri, 10.30-11.30am**, Manor Park; **Tues, 10.30-11.30am**, The Gate; **Sat, 11.30am-12pm**, Green St; **Tues, 10.30-11.15am**, **Thurs, 2-3pm**, Plaistow; **Tues, 10.30-11.15am**, North Woolwich

#### Stay and Play

Support for parents and carers to develop their child through play. **Sat, 11-12pm**, Green St, **Tues, 8.15-10.15am**, **Thurs, 8.15-11.15am**, The Gate

#### Reading Together

**Thurs, 2.30-3pm**, Custom House

#### Baby Yoga

Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136 **Weds, 1-2pm**, Stratford

#### Baby Rhyme Time (Up to 12mths)

For babies and parents to enjoy songs, develop communication skills through sign. **Weds, 12.30-1.30pm**, Manor Park

#### Triple P Parenting

Parenting techniques for children aged 18 months and above. **Tues, 5.30-7.30pm**, East Ham; **Weds, 12.45-2.45pm**, Manor Park

#### Sensory Storytelling

Run by St Steven's Early Start. **Fri, 1-2pm**, Green Street


#### Bumps and Bundles Group

A fun and interactive session for parents and carers of babies under 18 months. **Mon, 10am-12pm**, Stratford

**Little Rhymers**   
Thurs, 10–10.45am, East Ham

**Jiggaree Session**  
Fri, 10–11am, Plaistow; Tues  
10.30–11.30am, Jeyes


**Music and Movement**   
Tues 9.30–10.15am, Plaistow

**Bumps and Babies**   
For babies under 12 months  
Fri, 2–4pm, The Gate


## YOUNG PEOPLE



**Chatterbooks (7-12)**   
A new book club to inspire  
young children to read for  
pleasure. It includes fun and  
creative activities to encourage  
young children to participate  
and read in an interactive way.  
Sat, 2.30–3.30pm, Plaistow;  
Weds, 5–6pm, The Gate; Tues,  
4–5pm, North Woolwich; Mon,  
4–5pm, Custom House;  
Mon, 4–5pm, Canning Town,  
Mon, 3.30–4.15pm, Green  
Street; Thurs, 4–5pm, Beckton  
Globe; Mon, 3.30–4.30pm,  
Manor Park; Sat, 3–4pm,  
Canning Town

**Games Club (7-16yrs)**   
Sony PS3, Xbox360, Wii, board  
games and more. Tues,  
3.30–5.30pm, Custom House;  
Weds, 3.30–5pm, The Gate;  
Thurs, 4–6pm, Canning Town;  
Thurs, 3.30–5.30pm, Plaistow

**Arts and Craft Workshop**   
(6-12yrs) Sat 2–3pm, Canning  
Town; Sat, 2–3pm, Custom  
House; Sat, 1–2pm, Green St;  
Sat, 2–3pm, North Woolwich;  
Tues, 3.30–5pm, Plaistow; Tues,  
4–5.30pm, The Gate, Tues,  
4–5.30pm, The Gate

**East Ham IT Youth Zone**   
Support in using IT for  
homework and fun. Mon,  
4.15–6.15pm, East Ham

**Family Movie Club**   
Sat, 3–5.30pm, Green St (up to  
12yrs); Sat, 2–4pm, Plaistow;  
Sat, 5.30–7.30pm, East Ham;  
Thurs, 4–7pm, North Woolwich;  
Fri, 4–6pm, The Gate

**Young People's Positive**   
**Activities (9-19yrs)** Weds, Fri,

7–9pm, Harold Rd Centre

**Lego Club**  
Create Lego models based on  
weekly themes. Sat, 3–4pm,  
The Gate; Sat 2–3pm, Thurs  
4–5pm, Green St

**The Chill Spot (11-19yrs)**  
Activities include table  
tennis, discussions, creative  
workshops. Mon, Weds,  
3.30–6.30pm, Stratford

**Code Club (7-11)**  
Scratch, Python, cartoons,  
websites and more. Booking  
required. Sat, 10–11am for  
beginners or 11am–12pm for  
improvers, Custom House, Tues,  
4–5pm, Green Street

**Performing Arts Activities**  
A range of dancing and  
singing, family arts activities.  
Fri, 5–7.30pm, East Ham

**Youth Works**  
Taekwondo, Sony PS4,  
careers, chill zone, healthy living  
and other activities for ages  
11 to 19. Weds, 5.30–8.30pm,  
Thurs, 5.30–8.30pm, Katherine  
Rd C.C.


**Homework Club**  
All young people can get  
study support from volunteers.  
Age: Varies site to site Fri,  
4–5pm, Beckton Globe; Mon,  
3.30–5pm, Sat, 10am–12pm,  
Plaistow; Fri, 4–6pm, Canning  
Town; Fri 4–5pm, East Ham;  
Sat, 2–3pm, Green Street; Mon,  
3.30–4.30pm, North Woolwich;  
Mon, 4–6pm, Stratford; Sat,  
10.30am–12.30pm, The Gate

**Science Club**  
Conduct experiments, watch  
demonstrations and record the  
results. For 5–12 years.  
Thurs, 4–5pm, The Gate

**Green Street Youth**  
**Works(11-19yrs)**  
Drop in for activities and chill  
zone  
Weds, 5.30–8.30pm, Thurs,  
5.30–8.30pm, Katherine Road  
C.C.

**Junior Football Sports**  
**Coaching (7-12yrs)**

Fri 4–6pm, Jack Cornwell C.C.

**Introduction to Tae Kwando**  
**and self defence (4-14yrs)**   
Booking essential contact 020  
3373 0857 or email  
CN.Greenstreet@newham.gov.uk  
Fri, 6.45–7.45pm,  
Green Street,

**Street Dance (13-19yrs)**  
Learn Street Dance and  
develop new skills and fitness  
every week,  
Mon 4.30–5.30pm, Plaistow


## ACTIVITIES AND SUPPORT




**Chess Club**   
Tues, 3.45–5.15pm, Beckton;  
Mon, 5.30–7.30pm, and Thurs,  
5.30–7.30pm, East Ham;  
Thurs, 5.30–7.30pm, Stratford;  
Tues, 1–2pm (adults), 5.30–  
7.30pm (children), The Gate;  
Thurs, 5–6pm (beginners),  
Thurs, 6–7pm (improvers),  
Custom House; Weds, 5–6pm,  
(children), Weds, 6.30–  
7.30pm (adults), 5.30–6.30pm  
(children), Canning Town;  
Weds, 5.30–7.30pm, Green St;  
Weds, 3.30–5pm, Plaistow

**Coffee Mornings**   
Mon, 11am–12.30pm, North  
Woolwich; Thurs, 10.45am–  
12pm, Canning Town; Tues,  
11am–12.30pm, Custom Hse,  
Fri, 11am–12pm, Green St,  
Third Tues of the month,

**Do It Online (18yrs+)**  
Computer classes. Weds,  
2–4pm, Stratford; Tues,  
2–3.30pm, North Woolwich;  
Thurs, 1.15–2.15pm, Custom  
House, Weds, 10am–12pm,  
Plaistow; Mon, 1–2.30pm,  
Canning Town; 1.30–2.30pm,  
North Woolwich

**ICT Drop-in Session**   
Set up a My Newham profile  
and create an email account.  
Weds, 11am–1pm, The Gate

**Life in the UK Classes**   
12-week course to support  
prospective candidates who  
wish to take the life in the UK  
test and B1. Contact 020 8542


3904 for information. Wed,  
12.30–2.30pm, Fri, 10am–12pm,  
Plaistow; Fri, 12.30pm–2.30pm,  
Green Street; Wed 10am–12pm,  
East Ham; 12.30–2.30pm,  
Stratford; 10am–12pm, Beckton

**ESOL for Beginners**  
For adults seeking to improve their  
English. Tues, 9.30–11.30am, Weds,  
9.30–11.30am, Jack Cornwell C.C.

**Basic Computer Skills**   
Fri, 10.30am–12.30pm,  
Manor Park

**English Conversation Club**  
Practise spoken English. Mon,  
6–7.30pm, Weds, 10.30–  
11.30am, Manor Park; Thurs,  
3–4pm, Rabbits Rd Institute;  
Sat, 10am–12pm, Stratford;  
Mon, 10–11am, Jeyes C.C.;  
Mon, 10–11am, Plaistow; Thurs,  
10.30–11.30am, Sat, 2–3pm,  
Tues, 11.30am–12.30pm, North  
Woolwich, Green St

**Stratford London**  
**Toastmasters**  
Public speaking club. First  
and third Mon of month,  
6–8pm, Stratford

**Docklands Drop-In Group**   
Weds, 12.30–3pm,  
Beckton C.C.

**Poetry Group (16+)**  
Sat 11am–1pm, Mon,  
6–7.30pm, Stratford; Weds,  
6–7.30pm, East Ham; Tues,  
2–3.30pm, Jack Cornwell C.C.  
Thurs, 6–7.30pm, Green St  
mail sonesquin@hotmail.com

**International Lunch Club**  
£3 per meal. Mon, 12pm,  
Beckton C.C.

**Table Tennis Mondays**  
Mon, 8.15am–4pm, The Gate

**Board Games for Adults (18+)**  
Carrom Board, chess and other  
board games for adults. Thurs,  
5.30–7.30pm, The Gate

**Workplace Drop-Ins**  
Thurs, 3–5pm, from 21  
September fortnightly, Manor  
Park; Fortnightly Friday 2pm,  
Green Street; Thurs, 2–5pm  
fortnightly, Canning Town; Tues,  
2–4pm (fortnightly) The Gate;



Wed 3-5pm, 3-5pm fortnightly,  
East Ham; Wed 2-4pm  
fortnightly, Stratford

**Creative Writing and Poetry  
Group (16+)** Thurs, 6.30-  
7.30pm, Canning Town

**Pop In Bingo (18+)**  
Come and join with your local  
community and get ready to  
shout Bingo. £1 per book. Tues,  
1-2pm, North Woolwich

**Model Train Workshop**  
Join other enthusiasts. Mon,  
1-3.30pm, North Woolwich

**Safer Neighbourhood  
Drop-In**  
Speak to your police Safer  
Neighbourhood Team about  
crime and disorder issues.  
Last Thurs of the month,  
10-11.30am, Canning Town;  
Fourth Sat of the month,  
11am-12pm, East Ham

**Oral Health Drop-in**  
First Thurs of the month,  
3-5pm, The Gate

**Crochet Course**  
All ages welcome. Mon,  
10am-12pm, Plaistow

**Book Club and Creative  
Writing Group**  
Hosted by Vaseem Khan,  
author of The Baby Ganesh  
Detective Agency Series.  
Ages 15+. Tues, 6-7.30pm,  
Manor Park.

**Adult Reading Groups**  
Come and talk about your  
favourite books, and discover  
new writers.  
Last Mon of the month, 5.30-  
7.30pm, The Gate; Last Tues  
of the month, 11am, Canning  
Town; First Thurs of the month,  
6.45-7.45pm, Plaistow

**Writers Group**  
Last Thurs of the month,  
5.30-7.30pm, The Gate

**ESOL Entry (16+)**  
Free English for Speakers  
of Other Languages classes  
for adult learners seeking to  
improve their English language.  
Registration required through

Newham Adult Learning  
Service ESOL Team,  
020 3373 0755.  
Tues and Fri 9.30am-12pm,  
Plaistow and Stratford

**CYANA**  
Cancer You Are Not Alone,  
Information stall/drop-in advice  
session, 4th Thurs of the  
month, 3-5pm, The Gate

**National Careers Service**  
Find out about different  
careers and what qualifications  
or skills you require. To book  
an appointment contact  
07415241941.  
1st and 3rd Thurs of the  
month, Stratford

**Citizen Advice Sessions**  
Free advice sessions on  
money management, energy  
saving tips as well as debt  
and income maximisation. By  
appointment only.  
1st Mon of the month, 11-  
1pm. Manor Park

**Memory Lane Café**  
People with dementia and their  
carers can come together and  
share experiences, exchange  
information and socialise.  
Last Thurs of the month,  
1-3pm East Ham

**Together We Can**  
Fortnightly social group for  
adults under 50 who have had  
a stroke.  
Fri, 2-4pm, Plaistow

**Community Cooking Project**  
Join our six week cookery  
course, and learn to cook  
exciting, tasty and nutritious  
simple dishes.  
Advance booking is required.  
£6 for the course  
Tues 10-12noon or 12.30-  
2.30pm, East Ham

**Safer Neighbourhood  
Drop-In**  
Same intro then:  
Last Thurs of the month,  
10-11.30am, Canning Town;  
Fourth Sat of the month,  
11am-12pm, East Ham

## COMMUNITY ACTIVITIES



**Newham Steelpan Classes**  
Learn to play the steelpan. Fri,  
5-6.30pm, Stratford Library

**Newham Super Choir**  
All ages. Tues, 10.30am-12pm.  
Beckton C.C.

## BOXING AND SELF DEFENCE



**Boxing (Newham College)**  
Mon, 5-6pm, East Ham College,  
High St South, E6

**Fight For Peace Boxing**  
Mon to Fri, 4-5pm 10-14yrs;  
Mon to Fri, 5-9pm, 14+yrs  
Woodman St, North Woolwich,  
E16. Call 020 7474 0054

**Boxing and Self Defence**  
Tues, 5-6pm (16+), 4-5pm  
(6-11yrs), Jack Cornwell C.C.

**West Ham Boys ABC**  
Mon, Weds, Fri, mixed (8-16yrs),  
5-6pm, Sat, boys (6-11yrs), 10-  
11am, girls (7-16yrs),  
11am-12pm, £2. 2 London Rd,  
E13. Call 020 8472 3614

**Martial Arts**  
Learn new skills, self defence.  
Adults, £3. Thurs, 6-7pm,  
Beckton Globe

**Bootcamp and Karate**   
Tues, 5-6pm, Bootcamp;  
Thurs, 5-7pm, Karate, both  
at Newham College, Stratford  
Campus, Welfare Rd, Stratford

**Kickboxing and Yoga**  
Sat, 10-11am, Katherine Rd  
C.C.

**Martial Arts**  
For children aged 7 to 12 with  
a professional teacher. £2.  
Tues, 6.45-7.45pm, Thurs,  
4.45-5.45pm. Beckton

**Women's Boxing**  
Monday's 9.15-10.15am,  
Katherine Road C.C.

## HEALTH AND FITNESS



**Beckton Strolls and Stories**  
Start the week with a fun walk  
to the park and then back to  
the library for a snack and a  
storytelling session. Routes are  
buggy friendly and led by

a professional walk leader.  
For more details  
call 020 3373 0853 Meet  
outside Beckton Globe  
Library, Mon, 9.30-11.30am


**Dancercise**  
Ages 14 and over, men and  
women. Sat, 11am-12pm.  
Katherine Rd C.C.


**Salsa Dancing (18yrs+)**  
Mon, 3.15-4.45pm, Beckton C.C.;  
Tues, 11.45am-12.45pm, Field  
C.C.; Sat, 6-7.30pm, Stratford;  
Sat, 2.30-5pm, The Gate; Mon,  
4-5pm, East Ham

**Nordic Walking**  
Weds, 9.15-10.30am. Meet at  
Field C.C.

**Tai Chi Class**  
Fri, 10.30-11.30am, Beckton  
C.C. Weds, 8.15-9.15am,  
(book in advance, library  
members only), The Gate.  
Fri, 5-6pm, Beckton Globe


**Yoga**  
£5. Thurs, 6.30-7.30am,  
Grassroots; Free. Mon,  
6-7.30pm, Beckton; £1. Weds,  
6-7.30pm, East Ham; Sat,  
10am-12pm, Plaistow; Thurs,  
6.15-7.45pm, The Gate; Tues,  
1.15-2.45pm, Stratford; Tues,  
1.30-2.30pm, £1, Tues,  
1.15-2.45pm, Stratford; Mon,  
Tues, 6-7.30pm Green St;  
Weds, 12.30am-1.30pm,  
Katherine Rd C.C.

**Tone-Tastic (18+yrs)**   
Mon, 2-3pm, Field C.C.

**Stroke Club (18+)**   
For men and women living with  
the effects of stroke. Weds,  
2-5pm, Katherine Rd C.C.

**Hula Hooping**  
Fun sessions. No experience  
needed, Weds, 6-7pm,  
Stratford

**Pilates Classe (18+)**  
Mon, 9.30-10.30am, Jack  
Cornwell C.C.; Thurs, 6-7pm,  
Manor Park; Tues, 6-7pm,  
Beckton Globe

**Tai Chi in the Park (18+)**   
Forest Lane Park, E7. Meet at  
corner of Forest Lane and Magpie  
Close. Monday, 11am-12pm

### **Plaistow Social Walk** ★

Fun social walk to improve your fitness and make new friends. For all ages and abilities. Meet at Plaistow Library to start off on the walks. *Tues and Sat, 10-11am*

### **Modern Amis**

Filipino martial art with sticks. *Tues, 4-5pm (children), Thurs, 5-6pm (women), Sat, 11am-12pm (children), Jack Cornwell C.C.*

### **Walking Yoga**

Open to all. *Thurs, 2-3pm.* Meet Stratford Library and walk to Stratford Park for yoga

### **Breathe Easy Group**

For adults with lung conditions and their carers. *First Thurs of every month, 12.30-2.30pm, Beckton C. C.*

### **Ballroom Dancing (18s+) ★**

Latin and Ballroom  
*Tuesdays, beginners 12-12.45pm, intermediate 1-1.45pm, Carpenter & Dockland Centre*

### **Zumba**

Let the music free your body. Registration essential. Bring water and a towel, for all ages and abilities.  
*Tues, 10.30-11.30am, Field C.C (free); Mon 9.30-10.30am (£3) Fri 9.30-10.30am (£2) Over 50s free, Jack Cornwell C.C; Fri 12.30-1.30pm Over 50s free, The Hub; Fri 6-7pm (free) Canning Town; Weds, 6.30-7.30pm (free) Manor Park; Tues 5-6pm (free) Stratford*

### **50+ ACTIVITIES** 🎲

### **Quadrille Dancing**

Try this classic dance style. *Mon, 1.30-2.30pm, East Ham*

### **Bingo** ★

*Mon, 11.30am-1.30pm, Beckton C.C; Mon, 12-4pm, Jeyes C.C.*

### **ICCAN**

Faith based group with cultural activities. *Fri, 12-2pm, Jeyes C.C.*

### **Active Centre Group**

*Weds, 12-4pm, Field C.C; Mon, Weds, Fri, 1.30-4pm, Beckton C.C.*

### **Dominoes Group** ★

*Fri, 6-10pm, Field C.C, Weds, 1.30-4.30pm, Plaistow*

### **Forever Young** ★

Enjoy community activities and make new friends. *Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.*

### **Happy Living Club** ★

Indoor/outdoor activities. *Tues, Weds, 1-5pm, Jeyes C.C.*

### **Holiday Spanish Club**

*Weds, 12.30-1.30pm, Manor Park*

### **Walking Football** ★

Email: dgheerawo@westhamunited.co.uk or call 07803 201299. *Tues, 10-11am, Priory Park*

### **Get Active, Get Healthy, and Exercises for Fitness** ★

*Thurs, 11am-12pm, Jack Cornwell C.C.*

### **Get Active, Get Healthy** ★

– **Walk to the Park**  
*Mon, 10.30-11.30am, Manor Park*

### **Chair Based Exercise**

For all fitness levels.  
*Fri, 10.30-11.30am, East Ham, Tues, 12.30-1.30pm, Manor Park; Mon, 12.30-1.30pm, Green St; Weds, 11am-12pm, Stratford*

### **Fitness** ★

*Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am, Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Rd C.C.*

### **Games and Friendship Club**

Chat and make friends over games and a cuppa. *Thurs, 11am-1pm, East Ham*

### **Carers Exercise Class**

*Thurs, 11am-12pm,*

### **Manor Park**

### **Zumba**

Women only session. *Tues, 1-2pm, Katherine Rd C.C.*

### **Smart Project**

Social group with lively discussion and refreshments, *Thurs 11am-2pm, Jeyes C.C.*

### **Ballroom Dancing**

Latin and ballroom classes. *Mon, 12-12.45pm (beginners), 1-4.45pm (advanced), Carpenters & Docklands Centre, Gibbins Rd, E15*

### **Singing for Health**

Variety of music styles. *Tues, 2-3.30pm, Jack Cornwell C.C.*

### **Bollywood Moves**

Women only *Mon, 10.30-11.30am, Thurs, 11-12pm, Katherine Road C.C.*

### **Drop in Embroidery Class**

No previous experience necessary, materials supplied. *Mon, 11am-1pm, East Ham*

### **GREEN**



### **Green Gym**

*Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973156*

### **Green Volunteering**

*Tues and Thurs, 10am-2pm Silvertown, Wy, E16 (opp. Hallsville Rd)*

### **Garden Club**

*Tues, 1-3pm, Thurs, 4-7pm, Sat, 11am-4pm, Abbey Gdns, Bakers Row, E15*

### **Gardening Thymes**

### **Gardening Club**

*Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6*

### **Caravanserai Garden**

**Volunteering**  
*Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863384*

### **Greenway Orchard**

**Volunteering**  
Join the Green Gym and get dug in with some gardening.

Greenway at the access point on Boundary Rd, E13 *Thurs, 11am-2pm.*

### **Community Food Growing Project**

Come and grow together in our new community growing space. *Weds, 12-2pm, East Ham.*

### **Foraging Walks**

Cultivate an appreciation of nature. All ages. *Thurs, 6-8pm, North Woolwich*

### **FEMALE SPORTS**

### **Basketball Sessions**

*Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20*

### **Female Boxfit (14yrs+)**

*Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526*

### **Girls Group Cycling (11-15 yrs)**

*Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13*

### **Modern Amis Martial Arts (16yrs+) Tues, 5-6pm.**

Call 07473 030 250  
Jack Cornwell C.C.

### **Female Only Gym Sessions**

*Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65*

### **Get Back into Netball**

*Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £5. Lister Community School, E13. Email: opanetballclub@hotmail.com*

### **Abs Blast (11-15yrs)**

*Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13*

### **Female Only Zumba**

*Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292893; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16 2DE. £2.50*



## Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

## SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

### Ability Club (14-25yrs)

Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVlc, E13

### Swim for Families

#### Dealing with Autism

Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

### Family Swims

Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123

### Get Fit for Free

Tues, 1.30-3.30pm and Fri, 10am-12pm. Gym for people with learning disabilities. Newham Leisure Centre, E13. To book induction call 0300 124 0123

## RUNNING AND ATHLETICS

### Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394756 [www.parkrun.org/beckton](http://www.parkrun.org/beckton)

### East End Road Runners

Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261647

### Run Together

£2 unless stated. Sun, 10am-12pm, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL

Docklands Campus, E16 (meet at reception). Sat, 10.30am-12pm, Wanstead Flats (meet at corner of Capel Rd and Centre Rd). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394874

### Running and Athletics

Newham & Essex Beagles Athletics Club. Visit [www.newhamandessexbeagles.co.uk](http://www.newhamandessexbeagles.co.uk) for more details

## SPORTS

### Black Arrows

#### Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

### Adult Tennis (16+)

Sat, 9-10am, 10-11am, 11am-12noon, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun, 9-10am, 10-11am, 11am-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: [michelle.daniel@activenewham.org.uk](mailto:michelle.daniel@activenewham.org.uk) 07741 293513

### Table Tennis (14yrs)

Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: [sports@newham.ac.uk](mailto:sports@newham.ac.uk)

## FOOTBALL

### AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit [www.airfootball.co.uk](http://www.airfootball.co.uk)

### Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm, Newham Leisure Centre, E13

### Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

### WHU Kicks

Mon, Tues, Fri, 4-7pm,

WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

### Ascension Football

Sat, 9.15-10.45am, £3, reception to year 11. Royal Docks School, Prince Regent Ln, E16. Call 07806 584925 or 020 7511 1232

## BASKETBALL

### Basketball

Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: [sports@newham.ac.uk](mailto:sports@newham.ac.uk)

### Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

### Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

### Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401616

## COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, East Ham, E6, unless otherwise stated.

Weds 4 October, 6.30pm, Investment and Accounts Committee

## CONTACT THE MAYOR

**Here to Help sessions.**  
**Please register 30 minutes before each session starts.**  
**Sat 23 Sept, 10am, Newham Town Hall; Thurs 4 Oct, 11am, Old Town Hall Stratford**

**Telephone surgery, Weds 27 Sept. Please call 020 8430 2000 between 10am and 11am and leave your contact details. The mayor will call you back later.**

## CONTACT DETAILS

### LIBRARIES & COMMUNITY NEIGHBOURHOODS

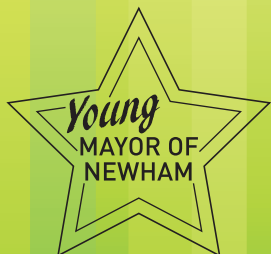
**Beckton Globe** 1 Kingsford Wy, E6  
**Canning Town** Barking Rd, E16  
**Custom House** Prince Regent Ln, E16  
**East Ham** 328 Barking Rd, E6  
**Green Street** 337-341 Green St, E13  
**The Gate** 2-6 Woodgrange Rd, E7  
**Manor Park** 685-691 Romford Rd, E12  
**North Woolwich** 5 Pier Parade, E16  
**Plaistow** North St, E13  
**Stratford** 3 The Grove, E15  
**Archives and Local Studies** 020 3373 6881  
**Community Outreach** 020 337 30813  
**Church of God** 37 Manor Park Road, E12, 020 8911 9494

### LEISURE & SPORTS VENUES

**Atherton Leisure Centre** 189 Romford Rd, E15  
**Balaam Leisure Centre** 14 Balaam St, E13  
**East Ham Leisure Centre** 324 Barking Rd, E6  
**Newham Leisure Centre** 281 Prince Regent Ln, E13  
**NewVlc** Prince Regent Ln, E13  
**UEL SportsDock** Docklands Campus, University Wy, E16

### COMMUNITY CENTRES (C.C)

**Beckton Community Centre** 14 East Ham Manor Wy, E6, 020 7511 1214  
**East Ham Market Hall** Myrtle Rd, E6 1HY, 020 8471 0292  
**Field Community Centre** 147 Station Rd, E7 020 8536 2800  
**Grassroots Centre** Memorial Park, Memorial Ave, E15, 020 3373 0650  
**The Hub** 123 Star Ln, E16 020 3373 0750  
**Jack Cornwell Community Centre** Jack Cornwell St, E12 020 8553 3459  
**Jeyes Community Centre** 1 James Cl, E13, 020 3373 2205  
**Katherine Rd Community Centre** 254 Katherine Rd, E7, 020 8548 9825  
**St Mark's Community Centre** 218 Tollgate Rd, E6, 020 7474 1687  
**Vicarage Ln Community Centre** Govier Cl, E15, 020 8519 0235  
**Harold Rd Centre** 170 Harold Road, E13 OSE, 020 8472 2805  
**Queens Market** Green St, E13  
**Rabbits Rd Institute** 835 Romford Rd, London E12 5JY  
**Royal Docks Learning Activity Centre** Albert Rd, North Woolwich, E16 2JB  
**St John's Green Community Garden** Albert Rd, North Woolwich E16 2JB  
**St John's Church** Broadway, Stratford, E15 1NG  
**St Bartholomew's Church & Centre**, 292b Barking Road, E6 3BA  
**London Road**, 1 London Road, E13 0AT  
**The Community Resource Centre**, 200 Chargeable Lane, E13 8DW 020 3373 2697  
**St. Paul's Church Centre**, 227 Burges Rd, E6 2EU



Newham London

# YOUNG MAYOR 2017

**YOUR  
VOTE  
COUNTS.**

[www.newham.gov.uk/youngmayor](http://www.newham.gov.uk/youngmayor)

📷 ymnewham

🐦 ym\_newham

**Who will you vote for?**  
**Voting day: 10 October 2017**

To find out more about the candidates visit  
[www.newham.gov.uk/youngmayor](http://www.newham.gov.uk/youngmayor)



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Balaam Leisure Centre, 14 Balaam Street, Plaistow E13 8AQ  
East Ham Leisure Centre, 384 Barking Rd, East Ham E6 2RT  
Manor Park Fitness Centre, 464 High Street North, Manor Park E12 6QN  
Newham Leisure Centre, 281 Prince Regent Lane, Plaistow E13 8SD

\*This number is charged at the same rate as calls to normal landlines (those that start with 01 or 02). It is included in call allowances, bundled talk time or "free" minutes the same way as regular landline numbers.

To find out more call **0300 124 0123<sup>+</sup>** or visit  
**www.activeNewham.org.uk/A2S**

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